



If you're not wet, we're not happy!

10515 35th Ave NE • 206-684-4989



Spring 2015-at-a-Glance, April 6–June 13

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 a.m.	Lap swim* 5:45–7:15 a.m.	Lap swim* 5:45–7:15 a.m.	Lap swim* 5:45–7:15 a.m.	Lap swim* 5:45–7:15 a.m.	Lap swim* 5:45–7:15 a.m.	
6:30 a.m.						
7 a.m.						Lap Swim 7–8:30 a.m.
7:30 a.m.						
8 a.m.						
8:30 a.m.						Deep Water EX 8:30–9:15 a.m.
9 a.m.						
9:30 a.m.	Seattle Public Schools 7:30–11:30 a.m.	Seattle Public Schools 7:30–11:30 a.m.	Seattle Public Schools 7:30–11:30 a.m.	Seattle Public Schools 7:30–11:30 a.m.	Seattle Public Schools 7:30–11:30 a.m.	Family Swim 9:30–10:30 a.m.
10 a.m.						
10:30 a.m.						
11 a.m.						Lessons 10:30 a.m.–Noon
11:30 a.m.			Tots 11:30 a.m.–Noon			
12 p.m.						
12:30 p.m.	Adult Swim Noon–1:30 p.m.	Adult Swim Noon–1:30 p.m.	Adult Swim Noon–1:30 p.m.	Adult Swim Noon–1:30 p.m.	Adult swim Noon–1:30 p.m.	Adult Swim Noon–1:30 p.m.
1 p.m.						
1:30 p.m.	Deep Water EX 1:30–2:15 p.m.	Low Impact Water EX 1:30–2:15 p.m.	Deep Water EX 1:30–2:15 p.m.	Low Impact Water EX 1:30–2:15 p.m.	Deep Water EX 1:30–2:15 p.m.	Public Swim 1:30–3 p.m.
2 p.m.						
2:30 p.m.	Pool Playland/ 3–Lane Lap 2:30–3:30 p.m.	Middle School Swim 2:45–3:30 p.m.	Pool Playland/ 3–Lane Lap 2:30–3:30 p.m.	Middle School Swim 2:45–3:30 p.m.	Pool Playland/ 3–Lane Lap 2:30–3:30 p.m.	
3 p.m.						Lessons 3–4:30 p.m.
3:30 p.m.					Private Lessons	
4 p.m.	Lessons 3:30–5:30 p.m.	Rental 3:30–5:30 p.m.	Lessons 3:30–5:30	Rental 3:30–5:30 p.m.	Public Swim 4–5 p.m.	Family Swim 4:30–5:30 p.m.
4:30 p.m.					Private Lessons	
5 p.m.						
5:30 p.m.	Lap swim 5:30–7:30 p.m.	Lessons 5:30–7 p.m.	Lap swim 5:30–7:30 p.m.	Lessons 5:30–7 p.m.	Lap Swim 5:30–7:30 p.m.	Lap Swim 5:30–6:30 p.m.
6 p.m.						
6:30 p.m.	Youth Masters 6:30–7:30 p.m.		Youth Masters 6:30–7:30 p.m.		Youth Masters 6:30–7:30 p.m.	Women's Lessons 6:30–7 p.m.
7 p.m.		Family Swim 7–8 p.m.	Adult Lessons 7:30–8 p.m.	Special Olympics** 7–8 p.m.		
7:30 p.m.	Shallow Water EX 7:30–8:30 p.m.				Friday Fun Night 7:30–8:30 p.m.	Women Only Swim / Lessons 6:30–8 p.m.
8 p.m.		Deep Water EX 8–8:45 p.m.	HIIT Water EX 8–8:45 p.m.	Deep Water EX 8–8:45 p.m.		
8:30 p.m.						
9 p.m.		Adult Swim* 9–10 p.m.		Adult Swim* 9–10 p.m.		
9:30 p.m.						

*Admission for early morning lap swim and late night adult swim is by quick card, check, or exact change only. See page 3 for more information.
Pool closed Monday, May 25 in observance of Memorial Day.

**Special Olympics begins Thursday, April 9. Thursday Family Swims will be postponed until Thursday, June 4.

Recreational Swims

Fee: \$5.25 Adult / \$3.75 Sr. Adult, Youth, Special Pop.

Lap Swim

Lap swim is a great time for you to work on your fitness or take a relaxing swim in a safe all-weather environment. We accommodate all swimmer levels. There are 3–6 lanes for swimming. We have lane speed indicators to minimize traffic in your lane. For lap swimming etiquette or facility specific questions just ask us!

Monday–Friday (EMLS)* 5:45–7:15 a.m.

Mon/Wed/Fri 5:30–7:30 p.m.

Saturday 7–8:30 a.m.

Saturday 5:30–6:30 p.m.

**Note for EMLS (Early Morning Lap Swim): Swimmers must use exact change, personal check, or Quick Card for admission to this program.*

Adult & Senior Swim

Half of the pool is set up with lanes for lap swimming. The other half is available for less structured swimming.

Monday–Saturday Noon–1:30 p.m.

Tuesday & Thursday 9–10 p.m.*

**Exact change, personal check or quick card required.*

Public Swim

Time is set aside for recreational swimming for swimmers of all ages to enjoy. Children must be 6 years old and 48" tall to be in the water without the direct supervision of an adult.

Friday 4–5 p.m.

Friday Fun Night 7:30–8:30 p.m.

Saturday (w/lap lane)..... 1:30–3 p.m.

Pool Playland

This “gentle” public swim features water toys and noodles. This is especially good for younger kids and their big people.

Monday/Wednesday/Friday 2:30–3:30 p.m.

w/3 Lane Lap Swim

Family Swim

Spend quality time with the kids and create some lasting memories of fun times together. For the enjoyment and safety of everyone, all children must be accompanied in the water by an adult. Children younger than 6 years and under 48" in height must be directly supervised by an adult who is within an arm's length at all times.

Tuesday*..... 7–8 p.m.

Saturday 9:30–10:30 a.m.

Saturday 4:30–5:30 p.m.

Friday Fun Nights

Spend your Friday nights at Meadowbrook Pool! Adults don't have to be in the water for this swim. Regular admission and height/age requirements apply. We expect good behavior by children swimming without an adult.

Friday 7:30–8:30 p.m.

**Special Olympics begins Thursday, April 9. Thursday Family Swims will be postponed until Thursday, June 4.*

Fitness Swims

Fee: \$6.50 Adult / \$4.00 Sr. Adult, Youth, Special Pop.

Shallow Water Evening Workout

Bounce, jump, twist, stretch, leap and basically “frolic” your way to a beautiful new you! Shallow water exercise blends together the buoyancy of our liquid environment with cardio-conditioning, body toning and most of all, a sense of exhilaration. This is our earliest and newest class - come give it a try.

Monday..... 7:30–8:30 p.m.

Deep Water Exercise for Seniors

We call this “exercise that feels good.” It's a deep water class that uses resistance/floatation equipment.

Monday/Wednesday/Friday 1:30–2:15 p.m.

Shallow Water Low-Impact Water Exercise

Enjoy low impact aerobics set to big band and classical music. This is great for folks wanting to stretch and move with comfort and assistance from the pool.

Tuesday/Thursday 1:30–2:15 p.m.

Youth Masters Workout

Youth workouts will offer stroke technique and training tips as well as aerobic conditioning and speed work.

Monday/Wednesday/Friday 6:30–7:30 p.m.

HIIT aka High Intensity Interval Training

Water exercise just got intense! Our HIIT class is a high-intensity deep water workout with a focus on core strengthening exercises. Your heart will be pumping as we work through a series of cardio-intervals that will be easy to learn and a challenge to master. Join us Wednesdays nights.

Wednesday 8–8:45 p.m.

High-Energy Deep Water Exercise

A zero-impact deep water workout that utilizes a floatation belt to keep your body upright and allow you full range of motion so you get the most of the water's resistance. Our high-energy class maximizes everything that's great about water exercise.

Tuesday/Thursday 8 p.m.–8:45 p.m.

Saturday 8:30–9:15 a.m.

Women-Only Swims and Lessons Every Saturday

Windows are covered and staff is all female. Ages 12 and older. There are 2–3 lap lanes available. Call pool to register for lessons. Scholarships available for swim lessons.

Group Lessons..... 6:30–7 p.m.

Recreational Swim..... 7–8 p.m.

Swim Lessons

Tot w/Adults Lessons (Ages 6 months–4 years)

Parents introduce their infants and toddlers to the swimming pool as we teach basic water adjustment and swimming movements. Songs and games create an atmosphere of fun, enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers or tight fitting plastic pants are required.

Three-Year-Olds Lessons (Age 3)

Start your child learning basic swimming skills and water safety in a small group with other 3 year old children. We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

Kinder Lessons (Ages 4 and 5)

Kids will start with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with bilateral breathing, backstroke, whip kick, treading water and water safety skills. We will group children by ability levels on the first day of class.

Beginning Swimmer (Ages 6–16)

Our specially designed Seattle Swims Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

Floating, Gliding, Kicking: Children learn to get comfortable putting their face in the water and practicing floating, gliding and kicking on their front, back and sides. These skills provide the foundation for all other swimming strokes they can learn plus kids learn about personal safety and how to know their limits.

Arm Strokes: Learning to roll from front to back while performing arm strokes is the next step in mastering the crawls stroke. Once kids are doing that we move on to teaching side breathing. Kids also work on back stroke, strengthening kicking, proper body alignment, treading water and swimming in deep water.

Side Breathing and Whip Kick: Front Crawl Stroke with bilateral breathing, and an introduction to whip kick are among the skills taught in this level. Children continue to work on strength, endurance and proper techniques.

We maintain an 8:1 student to instructor ratio.

Advanced Swimmer (Ages 6–16)

These next 3 levels introduce and guide children through other strokes while continuing to teach safety, fitness and skill proficiency.

Prerequisite: Swimmers must have passed Beginner Swimmer, be comfortable in deep water and able to swim 15 yards without stopping. They must demonstrate good Front Crawl Stroke with bilateral breathing, and proper whip kick on their back. Children not ready will be moved to Beginner Swimmer if there is room.

Learning New Strokes: Also adds Elementary Backstroke, Breaststroke and Butterfly along with continued practice in Front Crawl Stroke and Backstroke.

Increasing Endurance and Proficiency: Increased distances and more refinement of the previous strokes along with sidestroke are taught in this course.

Proficiency, Fitness and Water Safety: Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques.

We maintain up to a 10:1 instructor to student ratio.

Adult Swim Lessons (Ages 16 and older)

Our adult swim lesson time is designated for individuals that are 16 and older; and all ability levels. With a focus on stroke technique and water safety, participants will learn to explore the water and develop lifelong skills.

Special Population Lessons

These are individual or small group lessons for youth with cognitive, developmental, or special physical needs. We have a comfortable pool lift and portable steps available for non-ambulatory patrons. In-person registration is necessary for the this class.

Discount Quick Card!

Quick Card is a prepaid discount admission card for use within Seattle Parks and Recreation. To purchase a discount quick card visit any pool. A photo is taken and the time of purchase. Cards are issued to individuals and are not transferable.



Recreation Programs: 10 admissions

Youth/Senior/Special Pop. (save \$4) \$33.50

Adult (save \$5.50) \$47.00

Fitness Programs: 10 admissions

Youth/Senior/Special Pop. (save \$5) \$35.00

Adult (save \$7) \$57.50

30-Day Pass (Recreation and Fitness)

Youth/Senior/Special Pop. \$45.00

Adult \$60.00

Swim Lesson Schedule • Spring 2015, April 6–June 13

Group Lesson registration begins Tuesday, March 10 at Noon. Private Lesson registration begins Tuesday, March 17 at 10:30 a.m.
Summer Swim League registration begins Tuesday, April 7 at Noon. Swimmers must be 7 years old and older by June 22 in order to participate

Session 1	Day	Time	Dates	# Classes	Price	Bar Code
Tots 6 months–4 years	Tuesday	6:30–7 p.m.	April 7–June 9	10	\$70.00	131591
	Wednesday	11:30 a.m.–Noon	April 8–June 10	10	\$70.00	131592
	Thursday	6:30–7 p.m.	April 9–June 11	10	\$70.00	131593
	Saturday	11:30 a.m.–Noon	April 11–June 13	10	\$70.00	131594
Three year olds Ages 3 only (Tots Class Recommended)	Monday	1:30–2:00 p.m.	April 6–May 4	5	\$62.50	131577
	Monday	5–5:30 p.m.	April 6–May 4	5	\$62.50	131576
	Tuesday	6:30–7 pm	April 7–May 5	5	\$62.50	131578
	Wednesday	5–5:30 p.m.	April 8–May 6	5	\$62.50	131579
	Thursday	6:30–7pm	April 9–May 7	5	\$62.50	131580
	Friday	1:30–2 p.m.	April 10–May 8	5	\$62.50	131581
	Saturday	3:30–4 p.m.	April 11–May 9	5	\$62.50	131582
Kinders (Ages 4 and 5)	Monday*	2–2:30 p.m.	April 6–June 8	9	\$76.50	131348
	Monday*	4:30–5 p.m.	April 6–June 8	9	\$76.50	131349
	Tuesday	6–6:30 p.m.	April 7–June 9	10	\$85.00	131350
	Wednesday	2–2:30 p.m.	April 8–June 10	10	\$85.00	131562
	Wednesday	4–4:30 p.m.	April 8–June 10	10	\$85.00	131561
	Thursday	6–6:30 p.m.	April 9–June 11	10	\$85.00	131563
	Friday	2:00–2:30pm	April 10–June 12	10	\$85.00	131564
	Saturday	10:30–11 a.m.	April 11–June 13	10	\$85.00	131566
	Saturday	11:30 a.m.–Noon	April 11–June 13	10	\$85.00	131565
Beginning Youth (Ages 6–16)	Monday*	4–4:30 p.m.	April 6–June 8	9	\$63.00	131327
	Tuesday	5:30–6 p.m.	April 7–June 9	10	\$70.00	131343
	Wednesday	4:30–5 p.m.	April 8–June 10	10	\$70.00	131344
	Thursday	5:30–6 p.m.	April 9–June 11	10	\$70.00	131346
	Saturday	11–11:30 a.m.	April 11–June 13	10	\$70.00	131347
Advanced Youth (Ages 6–16)	Monday*	5–5:30 p.m.	April 6–June 8	9	\$63.00	131336
	Tuesday	6:30–7 p.m.	April 7–June 9	10	\$70.00	131337
	Wednesday	5–5:30 p.m.	April 8–June 10	10	\$70.00	131339
	Thursday	6:30–7 p.m.	April 9–June 11	10	\$70.00	131341
	Saturday	11:30 a.m.–Noon	April 11–June 13	10	\$70.00	131342
Adults	Wednesday	7:30–8 p.m.	April 8–June 10	10	\$70.00	131333
Women Only	Saturday	6:30–7 p.m.	April 11–June 13	10	\$70.00	131590
Special Pops	Saturday	3–3:30 p.m.	April 11–June 13	10	\$70.00	131570
Summer Swim League (Age 11 and up)	Monday–Friday	7:30–8:30a.m.	June 22–August 1	29	\$130.00	131571
Summer Swim League (Age 10 and younger)	Monday–Friday	8:30–9:30a.m.	June 22–August 1	29	\$130.00	131572
Session 2	Day	Times	Dates	#classes	Price	Bar Code
Three year olds Ages 3 only (Tots Class Recommended)	Monday*	1:30– 2 p.m.	May 11–June 8	4	\$50.00	131584
	Monday*	5:00–5:30 p.m.	May 11–June 8	4	\$50.00	131583
	Tuesday	6:30–7 p.m.	May 12–June 9	5	\$62.50	131585
	Wednesday	5–5:30 p.m.	May 13–June 10	5	\$62.50	131586
	Thursday	6:30–7 p.m.	May 14–June 11	5	\$62.50	131587
	Friday	1:30–2 p.m.	May 15–June 12	5	\$62.50	131588
	Saturday	3:30–4 p.m.	May 16–June 13	5	\$62.50	131589
Private Lessons Private Lessons are scheduled to begin Monday, April 13.	Mon/Wed/Fri	3:30–4p.m.	\$36/Lesson add \$12 per additional child (3 Lesson Minimum)			
	Mon/Wed/Fri	5–5:30 p.m.				
	Tue/Thu	7–8 p.m.				
	Saturday	3:30–4:30 p.m.				

*No Lessons on: No Lessons on Monday, May 25 in observance of Memorial Day